

# BEDTIME FOR BABY

## Good Books

Ten, Nine, Eight	Bang	E BAN
Goodnight Moon	Brown	E BRO
Ten in the Bed	Ellwand	BB ELL
Good Night		BB GOO
Hush-a-Bye Baby		BB HUS
I See	Isadora	E ISA
Say Goodnight	Oxenbury	BB OXE
When Mama Comes Home Tonight	Spinelli	BB SPI

## Songs & Rhymes

### TWINKLE, TWINKLE, LITTLE STAR

Twinkle, twinkle, little star,  
How I wonder what you are.  
Up above the world so high,  
Like a diamond in the sky.  
Twinkle, twinkle, little star,  
How I wonder what you are.

### KISSY GAME

Kissy, kissy fingers, kissy, kissy toes.  
Kissy, kissy baby, on your kissy nose.

#### **Other verses**

Pretty, pretty fingers...  
Nighty, night fingers...

### ROCK-A-BYE BABY

Rock-a-bye baby, on the tree top,  
When the wind blows the cradle will rock;  
When the bough breaks the cradle will fall,  
And Mommy will catch you, cradle and all.

### TEDDY BEAR, TEDDY BEAR

Teddy bear, teddy bear, turn around,  
*(roll baby's hands)*  
Teddy bear, teddy bear, touch the ground.  
Teddy bear, teddy bear, hug me tight,  
Teddy bear, teddy bear, say goodnight.

### WIND THE BOBBIN

Wind, wind, wind the bobbin,  
Wind, wind, wind the bobbin,  
Pull, pull, tap, tap, tap.  
*(repeat)*  
Now our daily work is done.  
Come on now, let's have some fun.

Wind, wind, wind the bobbin,  
Wind, wind, wind the bobbin,  
Pull, pull, tap, tap, tap.

### THE WHEELS ON THE BUS

The wheels on the bus go round & round  
*(roll baby's hands)*  
Round & round, round & round.  
The wheels on the bus go round & round,  
All around the town.

The babies on the bus go up & down,  
Up & down, up & down.  
The babies on the bus go up & down,  
All around the town.

The mommies on the bus say  
"Shh shh shh," *(rock baby gently)*  
"Shh, shh, shh, shh, shh, shh,"  
The mommies on the bus say, "  
"Shh, shh, shh," and baby goes to sleep.

# Fun Activities to Do With Your Baby at Home

## Bedtime Activities

- Make up a story to tell your baby that uses her name. Use the story to describe things that your baby has done during the day. Use your child's name as often as possible.
- Lullabies and music help soothe babies so that they will quickly fall asleep. Sing this easy song, using your baby's own name.

(Tune: "Good Night, Ladies.")  
*Good night, baby, (Insert your child's name.)*  
*Good night, baby,*  
*Good night, baby,*  
*It's time to go to sleep.*

*Sleep tight, baby,*  
*Sleep tight, baby,*  
*Sleep tight, baby,*  
*Time to close your eyes.*

\*Silbert, Jackie. Games to Play with Babies, 3<sup>rd</sup>. ed. Beltsville, MD: Gryphon House, Inc. 2001.

## Lullabies to Check Out

<i>Wee Sing Nursery Rhymes &amp; Lullabies</i>	<b>E-Audio Cassettes 782.42 BEA</b>
<i>Cajun Lullabies</i>	<b>E-Audio Cassettes 782.42 CAJ</b>
<i>Guitar Lullaby</i>	<b>E-Audio Cassettes 782.42 COB</b>
<i>40 Winks</i>	<b>E-Audio Cassettes 782.42 HAR</b>
<i>African Lullaby</i>	<b>CD-E 782.42 AFR</b>
<i>Barney's Sleepytime Songs</i>	<b>CD-E 782.42 BAR</b>
<i>The Celtic Cradle: Traditional Celtic Lullabies</i>	<b>CD-E 782.42 CEL</b>
<i>A Child's Celebration of Lullaby</i>	<b>CD-E 782.42 CHI</b>
<i>Fairy Dreams</i>	<b>CD-E 782.42 FAI</b>
<i>Baby's Broadway Lullabies</i>	<b>CD-E 782.42 GRA</b>
<i>Mellow My Baby</i>	<b>CD-E 782.42 KON</b>
<i>I Will Hold Your Tiny Hand</i>	<b>CD-E 782.42 RAS</b>
<i>Now I Lay Me Down to Sleep</i>	<b>CD-E 782.42 ROT</b>
<i>Papa's Lullaby</i>	<b>CD-E 782.84 PAP</b>
<i>Lullabies of Latin America</i>	<b>CD-E SPA 782.42 DEL</b>

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